

# GlutaMyst™ Glutathione Cellular Nutrition Blend

## Questions & Answers 2/16/2024



### **Q: What is the recommended serving size for GlutaMyst™?**

A: The recommended serving size for GlutaMyst is 4 Mysts (0.5ml) per day. There are 36 servings of 4 Mysts/day in a 30-day supply. Listen to your body. Everyone is different.

### **Q: Do I need to refrigerate my GlutaMyst™ Glutathione Cellular Nutrition Blend?**

A: No refrigeration is necessary. However, do not freeze.

### **Q: Where is GlutaMyst™ manufactured?**

A: Utah, USA.

### **Q: Why formulate GlutaMyst™ Glutathione and the Cellular Nutrition Blend together?**

A: This combination uses the Glutathione to first remove the free radicals from the cells, then uses the Cellular Nutrition Blend to provide the cells with complete micro nutrition (which is not available in the modern processed food diet.) This helps the cells by removing the cause of the oxidative stress (free radicals) and feeds the cells so that they may help repair the damage caused by the free radicals. This process helps unhealthy cells become healthy cells.

### **Q: What's special about GlutaMyst™ Glutathione?**

A: CTFO sources very pure Glutathione that is pharmaceutical/medical grade. As a supplier, we know that this material does not contain any unknown impurities. It is 100% Glutathione with no fillers. The encapsulation procedure uses lipids from Germany for the same purity reasons.

### **Q: Which parts of the body could Glutathione help support detoxification?**

A: Glutathione plays a vital role in detoxification processes throughout the entire body, particularly in the liver and within cells. Here are some key areas where glutathione is involved in detoxification:

- **Liver:** The liver is a central organ for detoxification, and Glutathione supports the liver's ability to process and eliminate toxins, drugs, pollutants, and other harmful substances.
- **Cells:** Glutathione is found in high concentrations within cells, where it serves as an essential antioxidant and plays a key role in protecting cells from oxidative stress.
- **Lungs:** Glutathione helps protect the lungs from oxidative damage and supports the detoxification of inhaled pollutants and environmental toxins.
- **Kidneys:** The kidneys are involved in filtering and excreting waste products and toxins. Glutathione may play a role in supporting the kidneys' detoxification processes.
- **Intestines:** Glutathione participates in the detoxification of toxins and helps maintain the health of the gastrointestinal tract.
- **Bloodstream:** Glutathione circulates in the bloodstream, contributing to systemic antioxidant defense and supporting detoxification processes throughout the body.
- **Skin:** Glutathione is involved in protecting the skin from oxidative stress and may contribute to detoxification processes in the skin.
- **Brain:** Glutathione is present in the brain, where it serves as an antioxidant and may contribute to detoxification processes, helping protect neural tissues from oxidative damage.

**Q: Can you tell me more about the detoxification experience?**

**A:** Detoxification is a medical term, referring to the elimination of toxins and contaminants from the body, primarily through the action of conjugation in the liver. Once conjugation has occurred, the complex is eliminated from the body in stool, urine or through the skin.

A 'detoxification reaction' however, is a term originating in naturopathy and utilized primarily in discussions about the actions of supplements. It is explained as the body experiencing more of the 'bad' before the 'good' can be experienced after the targeted toxins are expelled from the body. The adverse reaction can be either symptomatic or the presence of signs (i.e. a headache or a rash).

Detoxification reactions usually last no longer than two weeks and most are mild and tolerable. However, occasionally they can be more severe and intolerable. In these cases, the supplement is completely withdrawn until either the symptoms or the signs disappear. At that time, the supplement can be reintroduced at a very low dose and gradually increased (usually over weeks) until the desired result is obtained.

**Q: Explain the encapsulation process and how it impacts potency and deliverability?**

**A:** This GlutaMyst™ formulation uses the latest technology to encapsulate the Glutathione in a lipid. This lipid provides the chemical "key" that is needed to help pass through the cell wall to the interior of the cell. Each layer of encapsulation is a different key for different types of cells. All of this is to deliver the **Glutathione/Cellular Nutrition Blend** as quickly as possible, in as little

as 15-30 seconds. This is also the average time it takes for the capillary blood supply to reach the liver.

The Cellular Nutrition Blend is not encapsulated. Encapsulating the Cellular Nutrition Blend would slow down the ability of cells to use it. Its size and structure is already optimized for the cells to use.

**Q: Does size really matter?**

A: It all starts out with the formulation of pharmaceutical-grade Glutathione and the Trace Mineral “Cellular Nutrition Blend.” When nanosized, the Glutathione is 65 nm – 75 nm (nanometers) then encapsulated with the “the lipid keys” to enter the cells, which are about 130nm.

The Cellular Nutrition Blend is about 5nm - 10nm. The ‘Cellular Nutrition Bend’ is so much smaller than the Glutathione that it literally fits between the molecules.

They separate almost immediately so each can do their separate work.

**Q: Does supplementing Glutathione into the body with unhealthy cells diminish the GlutaMyst™ impact?**

A: No! GlutaMyst™ Glutathione will help remove oxidative material from the cell. That alone may not be enough for the cell to regain health status as the raw material (Cellular Nutrition Blend) needed for the cell to repair itself should also be present to speed up the cellular repair process.

**Q: What should we know about GlutaMyst™ potency and bioavailability?**

A: As far as potency, the answer is that as the supplement is functionally misted onto the soft tissue of the mouth passing through and into the body. It doesn't get destroyed by the body and the bacteria that line the colon. The potency is maximized and your body is getting all of the nutrients instead of a very small percentage.

**Q: Why does Glutathione potency per serving vary so much from product to product?**

A: One of the reasons some brands are offering large serving sizes of glutathione at 200 mgs – 1,000 mgs is because most of it could be destroyed by the digestive process, not because the body needs such a large amount.

**Q: How much GlutaMyst™ Glutathione Cellular Nutrition Blend should I take?**

A: The appropriate dosage of glutathione can vary depending on factors such as age, health status, and reason for supplementation. It's essential to follow the instructions on the product label or the guidance provided by your healthcare provider.

If they have an allergic reaction or sensitivity always stop taking any product. Once back to normal, we suggest they reduce their intake to one Myst per day for two weeks then go to two Myst's and so forth to get back to the suggested serving without complication. Everyone is different. They should always listen closely to their body and guidance from their healthcare provider.

**Q: Why is GlutaMyst™ different?**

A: One area of advantage **CTFO** focuses on is slowly raising blood serum levels. Our GlutaMyst™ development team's strategy is to help increase Glutathione blood serum levels, allowing them to go up naturally by a safe amount.

**Q: GlutaMyst™ helps neutralize different Free Radicals but how does the GlutaMyst™ Cellular Nutrition Blend make a difference?**

A: The reality of the "modern" lifestyle is that environmental factors, lifestyle choices, stress, and overly processed foods all contribute to the increase of free radicals, which create oxidative stress and could result in declining health. GlutaMyst™ is a powerful antioxidant that helps remove those free radicals with the "GlutaMyst™ Cellular Nutrition Blend" feeding the cells the micro-nutrients that are needed to help support healthy cells.

**Q: GlutaMyst™ Glutathione and XanthoMyst™ Mangosteen Xanthones work to neutralize different free radicals. What are they?**

A: Glutathione and mangosteen, or more specifically, the xanthones found in mangosteen, have antioxidant properties and can neutralize different types of free radicals. Here's a brief overview:

**Glutathione:** Glutathione is a versatile antioxidant that neutralizes several types of free radicals and reactive oxygen species (ROS). It plays a critical role in maintaining cellular redox balance. Some of the free radicals that glutathione helps neutralize include:

1. **Hydrogen Peroxide (H<sub>2</sub>O<sub>2</sub>):** Glutathione, in conjunction with enzymes like glutathione peroxidase, helps convert hydrogen peroxide into water, preventing its harmful effects.
2. **Superoxide Anion (O<sub>2</sub><sup>-</sup>):** Glutathione can also contribute to the neutralization of superoxide anions, another reactive oxygen species.
3. **Hydroxyl Radical (•OH):** While Glutathione itself does not directly neutralize hydroxyl radicals, it participates in the overall antioxidant defense system, indirectly contributing to their elimination.

**Mangosteen (Xanthones):** Mangosteen contains various bioactive compounds, including xanthones, which exhibit antioxidant properties. Xanthones in mangosteen may help neutralize different free radicals. Some of the potential targets include:

1. **Superoxide Anion (O<sub>2</sub><sup>-</sup>):** Xanthenes may have the ability to scavenge superoxide radicals, contributing to antioxidant defense.
2. **Hydroxyl Radical (•OH):** Xanthenes may also exhibit scavenging activity against hydroxyl radicals.
3. **Singlet Oxygen (1O<sub>2</sub>):** Xanthenes may help neutralize singlet oxygen, a type of reactive oxygen species.

It's important to note that the specific mechanisms of action and the antioxidant capacities can vary among different antioxidants. Additionally, the effects observed in studies may depend on factors such as the concentration of the antioxidant, the form in which it is administered, and the experimental conditions.

While both Glutathione and mangosteen-derived xanthenes contribute to antioxidant defense, they operate through different biochemical pathways and may have distinct roles in cellular protection.

**Q: Is GlutaMyst™ nano-Glutathione or nano liposomal Glutathione?**

A: What CTFO uses as the raw material (Glutathione) for GlutaMyst™ is the lipid form of Glutathione. So, this is not a liposome. This is a nano-Glutathione product. The encapsulation technology we use to manufacture GlutaMyst™ is not chemically bound to the Glutathione. Liposomal Glutathione is bound to the encapsulation lipid.

**Q: How does GlutaMyst™ get into the body so quickly?**

A: Just Twist & Myst™ GlutaMyst™\_onto the soft tissue of the mouth passing through and into the body. The lipids used are the "key" to get through the cells into the capillary system as quickly as possible. During that process the layers of lipids are removed by the cells. In as little as 15 to 30 seconds the product should reach the liver and most, if not all the lipids have been removed. Remember that Glutathione can't be used by the body until the liver processes it and attaches the correct enzyme to it. The faster, more completely that happens, the better the response from the body.

**Q: How can GlutaMyst™ 2.6 mcg per serving of pharmaceutical grade nano-Glutathione work so effectively?**

A: The accurate answer is that by encapsulating the Glutathione with lipids, GlutaMyst™ uses these lipids as the “key” to get through the cells into the capillary system as quickly as possible. During this process most, if not all, lipids are removed by the cells. In as little as 15-30 seconds the product should reach the liver. Just Twist & Myst™ GlutaMyst™ onto the soft tissue of the mouth, passing it into the body with almost nothing to swallow.

The same is true for the Cellular Nutrition Blend. When you Twist & Myst™ GlutaMyst™ onto the soft tissue of the mouth the Cellular Nutrition Blend goes through and into the body with almost nothing to swallow. The strategy behind the 10xPURE™ GlutaMyst™ innovation and discovery supports this process to increase Glutathione blood serum levels.

**Q: Why is Ultra-PURE Water used in the GlutaMyst™ formulation?**

A: The use of ultra-pure water in the formulation of products, including Glutathione formulations like GlutaMyst™, is a common practice in the pharmaceutical and cosmetic industries. Ultra-pure water, also known as Type I water, is water that has undergone stringent purification processes to remove impurities, ions, and contaminants, resulting in a highly purified state.

Here are some reasons why ultra-pure water may be used in the formulation of Glutathione or other similar products:

1. **Minimizing Contaminants:** Ultra-pure water is free from various impurities and contaminants that regular tap water may contain. This ensures that the Glutathione formulation is not compromised by unwanted substances that could affect its stability or purity.
2. **Preventing Chemical Interactions:** Impurities in water, such as ions and trace minerals, can potentially interact with the active ingredients in a formulation. Using ultra-pure water minimizes the risk of chemical interactions that could alter the properties of the Glutathione.
3. **Enhancing Stability:** Some formulations, especially those with sensitive compounds like Glutathione, may benefit from the stability provided by ultra-pure water. It helps maintain the integrity of the active ingredients over time.
4. **Meeting Regulatory Standards:** Ultra-pure water is often required in industries that adhere to strict regulatory standards, such as pharmaceutical and cosmetic manufacturing. Using high-quality water is part of ensuring that products meet these standards for safety and efficacy.
5. **Consistency in Manufacturing:** The use of ultra-pure water contributes to consistency in the manufacturing process, helping to achieve reproducible results and ensuring that each batch of the product meets the desired specifications.

## **CELLULAR NUTRITION BLEND**

**Q: Can you share more about the Trace Mineral “Cellular Nutrition Blend” that is part of the proprietary GlutaMyst™ Glutathione formulation?**

The Cellular Nutrition Blend delivers the essential micronutrients that give the cell the raw material it needs to help heal and rebuild itself into a healthier cell.

The two components of this supplement formula are synergistic with each other. They do different things, both of which are needed to help the cell become healthier. While Glutathione will remove oxidative products, it can't supply the elements needed by the cell. While the Cellular Nutrition Blend can deliver the elements needed by the cell, it can't remove the cause of the damage so the cell can use those elements.

"One component of the Trace Mineral “Cellular Nutrition Blend” does come from a naturally mined source. This component is one component of the actual trace minerals and metals found in the mix. The rest of the mix, Enzymes and Sugars, are both ionized and nanosized. Talking with the team, the maximum particle size is generally no more than 10 nm's.

The metals are chelated and are in the picogram range and are generally below 1 nm in size. The metals are common in parts of the country and occur naturally in soils there.

**Q: How does the Cellular Nutrition Blend help bring the cell back to health?**

A: Every cell of the body has a time frame to replace itself. The skin cells replicate daily. Brain cells, monthly as an example. The cells are compromised by environmental exposures, by additives in the food and water supply, by lifestyle choices such as lack of sleep, and by stressors in our life (even positive stress). The Glutathione removes the oxidation resulting from the above and the Cellular Nutrition Blend delivers the micronutrients (the raw material) needed to support the cell regain optimal efficiency. The time needed depends on the cell type.

**Q: Does replicating unhealthy cells speed the aging process?**

A: A bit more complicated than that but essentially, yes. The term used is that compromised cells produce more compromised cells that can't function as well as a totally healthy cell. What that means to that individual could be less robust health and a decline in the overall quality of life over time.

**Q: Could GlutaMyst™ help slow the aging process?**

A: Yes. Cellular health, defined as health at the individual cell level, creates an optimized functional act. It doesn't matter what that function is. From cleaning waste products to lifting a weight to converting food to energy, the more efficient that cell is, the easier life will be.

**Q: Are there research papers on minerals and metals similar to what is in the Cellular Nutrition Blend?**

A: Links to articles below:

<https://www.mdpi.com/2072-6643/14/1/185>

<https://www.mdpi.com/2072-6643/12/7/2074>